

Food Guide Pyramid

A Guide to Daily Food Choices

USE SPARINGLY
Fats, Oils & Sweets

KEY



Sugars (added)

Fat (naturally occurring and added)

These symbols show that fat and added sugars come mostly from fats, oils, and sweets, but can be part of or added to foods from the other food groups as well.

2-3 SERVINGS

Milk, Yogurt &
Cheese Group

2-3 SERVINGS

Meat, Poultry, Fish, Dry Beans,
Eggs & Nuts Group

3-5 SERVINGS

Vegetable Group

2-4 SERVINGS

Fruit Group

6-11 SERVINGS

Bread, Cereal,
Rice & Pasta
Group



Food Guide Pyramid

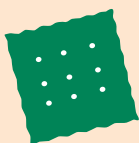
Serving Size by Category

FOOD GROUP

Bread, Cereal, Rice & Pasta



Vegetables & Fruit



Milk, Yogurt & Cheese

Meat, Poultry, Fish, Beans, Eggs & Nuts**

Fats, Oils & Sweets

TODDLERS (AGES 2-3 YEARS)*

1/3 cup cooked cereal, rice, pasta
2/3 oz (2/3 cup) ready-to-eat cereal
2/3 slice bread or 2/3 of a 7" tortilla
1/3 roll, bagel, or English muffin
1 3" pancake
6 animal crackers



2/3 cup raw leafy vegetables
1/3 cup cut-up fresh, canned, or cooked fruit
1/3 cup cut-up fresh, canned or cooked vegetables
1/2 cup juice
1 small orange, or apple, or banana
1 small baked potato

1 cup milk or yogurt
1 1/2 oz natural cheese

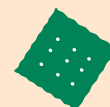
2 oz processed cheese
2 oz cooked lean meat, poultry, fish
2/3 cup cooked beans/peas
2 2/3 Tbsp peanut butter
2 medium eggs

Use sparingly



PRESCHOOLERS (AGES 4-5 YEARS)

1/2 cup cooked cereal, rice, pasta
1 oz (1 cup) ready-to-eat cereal
1 slice bread or a 7" tortilla
1/2 roll, bagel, or English muffin
1 4" pancake
9 animal crackers

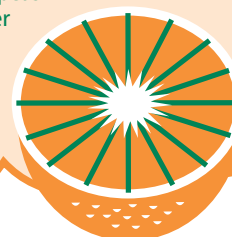


1 cup raw leafy vegetables
1/2 cup cut-up fresh, canned, or cooked fruit
1/2 cup cut-up fresh, canned, or cooked vegetable
3/4 cup juice
1 medium orange, apple, or banana
1 medium baked potato

1 cup milk or yogurt
1 1/2 oz natural cheese

2 oz processed cheese
2-3 oz cooked lean meat, poultry, fish
1 cup cooked beans/peas
4 Tbsp peanut butter
2 large eggs

Use sparingly



* Serving sizes for toddlers are 2/3 of the sizes recommended for preschoolers and adults, with the exception of milk and milk products for which the equivalent of 2 cups of milk is recommended.

** The quantities of meat/poultry/fish recommended per day are: 3.5 oz for toddlers, 5 oz for preschoolers and postpartum non-breastfeeding women, and 6 oz for pregnant and breastfeeding woman. One ounce of meat/poultry/fish is equivalent to 1 egg, 2 tsp peanut butter, and 1/2 c. cooked beans.

Massachusetts WIC Program • 1-800-942-1007

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326- W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.